

Ballroom I

Summer 2008: Monday 6:30 – 7:25

Foxy: Music – 4 beats. Dance – 4 steps in 4 beats (slow, slow, slow, slow)

Amalgamation:

- 4 basics
- 4 promenades, with optional progressive turn
- 4 side sways
- repeat
- walk, sway, sway - forward
- walk, sway, sway - back
- walk, sway, sway – forward
- she does 6-count turn – 7th step fwd
- walk, sway, sway - forward
- walk, sway, sway - back
- hip lift/settle – 2 in place
- hip lift/settle – fwd, back, side, side
- hip lift/settle – side with feet apart – 4 times
- fwd, back, side sway (left rock turn)

- 4 progressive forward/open left turn
- box
- 4 progressive back
- box
- repeat

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Ballroom I (cont.)

Rumba: (slow, quick, quick)

Rumba walks

Cuban breaks:

- forward, together, together
- back, together, together
- side, together, together
- side, together, together

- Box with 6-count turn: angle body on 2nd measure, step toward man on 1st step
 - back ½ box, 6-count turn, front ½ box
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Amalgamation:

- 4 boxes with 6-count turn
  - leader – 4 boxes
  - follower – 1 ½ boxes, 6-count turn, 1 ½ boxes
- 2 cuban breaks – front, back, side, side
- 1 cuban break – fwd, back, pivot turn

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# Ballroom I (cont.)

**Waltz:** Music - 3 beats. Dance – 3 steps in 3 beats (one, TWO, three)

Dance Steps:

- hesitation/balance step – walk pause (drag foot to it's side), walk pause (drag foot to it's side)
  - down, drag
  - raise with knee (no foot rise)
  - front, back, side, side
- promenade hesitation – walk pause (1/4 turn to his left/her right), together
- Box: rise and fall (up on 2)
  - leader –
    - left forward (1), right to the side (2), left collects to right (3) (change weight)
    - right back (1), left to the side (2), right collects to left (3) (change weight)
  - follower –
    - right back (1), left to the side (2), right collects to left (3) (change weight)
    - left forward (1), right to the side (2), left collects to right (3) (change weight)
- box with 6-count turn, angle body on 2<sup>nd</sup> measure, step toward man on 1<sup>st</sup> step
  - back ½ box, 6-count turn, front ½ box
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Amalgamation:

- 4 progressive forward/change steps
- box
- 4 progressive back
- 4 boxes with 6-count turn
  - leader – 4 boxes
  - follower – 1 ½ boxes, 6-count turn, 1 ½ boxes
- 2 hesitations – front, back, side, side
- 3 promenade hesitations (with optional under arm turn and/or developé)
- box
- 2 left rock turn
- promenade hesitation with pivot turns (her, him, both)
- hand to hand/butterfly/cheek to cheek

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# **Ballroom II**

Summer 2008: Monday 7:30 – 7:55

## **Waltz:**

Dance Steps:

- Box – open/silver (outside partner)

Practice:

- facing each other twisting/turning at waist looking forward
- walking forward with upper body turned right with hands pressing on legs
- swing body forward/back as pendulum, changing weight

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| <u>1</u>                                                               | <u>2</u>                   | <u>3</u>                     |
|------------------------------------------------------------------------|----------------------------|------------------------------|
| heel toe (fwd)<br>toe heel (bkwd)                                      | toe                        | toe heel                     |
| - commence to rise<br>at end of 1                                      | - continue to<br>rise on 2 | - up on 3,<br>lower end of 3 |
| <u>commence/continue to rise</u> – on ball/toe of foot, heel off floor |                            |                              |

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